

SPINACH AND FETA MUFFINS

INGREDIENTS

2 cups Chopped Spinach
1/2 cup Coconut Flour
1 cup Milk
4 Eggs
1/2 tsp Baking Powder
1 1/2 wheels Feta
To taste Salt & Pepper
To sprinkle Cheddar Cheese

METHOD

Preheat the oven to 180C.

Mix all the ingredients together in a bowl. Spoon the mixture into cupcake cups.

Bake for 20 minutes.